

# MIDDLETOWN



## Prime Times

*A Monthly Publication of Programming, Events, and News for Middletown Residents 60+*

61 Durant Terrace

(860) 638-4540

[www.cityofmiddletown.com/seniors](http://www.cityofmiddletown.com/seniors)

JANUARY 2015



### Book Club

Are you interested in joining our book club? The next book that we will be reading is "The Last Lecture" by Randy Pausch. Call for more

information and to enroll in this program. Books will be supplied (\$3). Discussion will take place on January 27th from 10:30-11:30am.

### Slow Roasted Chicken Dinner January 23rd 2:30pm



Please join us for a slow roasted chicken dinner, rice, and green beans. This is a \$3.00 dinner. Space is limited. Please stop by the Senior Center to register.

### Come visit our new Senior & Community Center.... Our beautiful facility offers:

- Accessible Restrooms
- Arts & Crafts Room
- Billiards
- Cable TV's
- Coffee Served All Day
- Daily Lunch
- Laptop Computers
- Library
- Many Exercise Classes
- Monthly Entertainment
- Card Playing, Board Games, and Puzzles
- AND So much More!



### January Birthday Party January 9th 2:30pm



Celebrating all January Birthdays. All are welcome.

### Monthly Entertainment by BluesGrass

Wednesday, January 7th 11am-12pm

Please join us for monthly entertainment led by BluesGrass. (Free) This is an acoustic duo of John Swift (Bass) and Mark White (Guitar/Harp). Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

### Middletown Police Department Presentation

Date and Time To Be Determined—  
Please check with us for updates



Please join us in learning about the City of Middletown's Police Department operations. A question and answer period will follow. **Refreshments will be served and there will be a raffle. (Free)**

**Grand Opening Celebration—Date / Time TBD**

We will be announcing the date of our Grand Opening Celebration Soon! For more information, call us or check our website for updates!



## Bus Trips

Winter Trips are subject to cancellation due to inclement weather.

### January

**6th-** Mohegan Sun Casino (9-3) \$4.00

**12th-** Amazing Grace Food Pantry

**13th-** Christmas Tree Shop/Cracker Barrel  
(10-3pm) \$4.00

**15th-** Mark Twain House/City Steam  
(9:30-3) \$9.00

**20th-** Foxwoods Casino (9-3:30) \$4.00

**27th-** Mattatuck Museum/Tiramisu  
(9:30-3) \$7.00 includes 1/2 museum  
entry

### February

**3rd-** Foxwoods Casino (9-3:30) \$4.00

**10th-** Shops at Farmington Valley  
(10-3) \$3.00

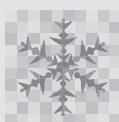
**11th-** Shepaug Eagle & Maggie McFly  
(9:45-3) \$4.00

**16th-** Amazing Grace Food Pantry

**17th-** Christmas Tree Shop & Cracker  
Barrel Rest. (10-3) \$4.00

**24th-** Pier 1, Home Goods, & Fishtale  
(10-3) \$3.00

**26th-** Mohegan Sun Casino (9-3) \$4.00



### Winter Storm Policy

- ◆ Check local news stations for notices of Middletown Public Schools.
- ◆ If school are **CLOSED** for the day, there will be **NO CLASSES OR BUS TRIPS**.
- ◆ If schools have a **DELAYED OPENING**, there are **NO MORNING CLASSES OR BUS TRIPS**.
- ◆ If schools have an early dismissal due to snow/ice, **AFTERNOON CLASSES ARE CANCELLED**

### **Coffee with the Manager** **Friday, January 16th 10:30am**

Please join us for coffee and light refreshments with our Manager of the Senior Services Division, Ann Gregg. This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.



### **Arts & Crafts Project** **January 20th 10:00am**

Please join us for our monthly arts & crafts project. Register at the front desk. The cost is \$2 per person for supplies.

### **January Movies Tuesdays at 12:30**

January 6th— "The Way Back"

January 13th— "Moneyball"

January 20th—"Running From Crazy"

January 27th— "Mask"



### **FREE Arthritis Exercise Class** **Every Thursday 12:30 pm-1:30pm** **Jan. 8th, 15th, 22nd & 29th**

We are excited to welcome physical therapist, Marcy Henehan from Masonic Home Health and Hospice. Techniques will be taught to improve joint flexibility and muscle strength. **FREE!!!**

### **Daily Lunch Program**

Lunch served daily by CW Resources. Reservations required. (860) 558-5285 Menus available on our website or at the front desk. \$2.00 suggested donation.

*"Be kind whenever possible. It is always possible."*  
~Dalai Lama

### Senior Services Division Contact Information

<b>Main Number:</b>	(860) 638-4540
<b>Fax Number:</b>	(860) 343-5427
<b>Senior Services E-mail:</b>	Seniors@MiddletownCT.gov
<b>Senior Services Website:</b>	www.cityofmiddletown.com/seniors
<b>Acting Director:</b>	Debbie Stanley (860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg (860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores (860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte (860) 638-4542
<b>Municipal Agent /</b>	Laura Runte (860) 638-4542
<b>ADA Compliance Officer:</b>	
<b>Program Aide/Custodian:</b>	John Marion (860) 638-4540
<b>Sr. Bus Driver:</b>	Mike Rogalsky (860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	CW Resources (860) 558-5285

### Community Café Free Lunch

#### Winner

Congratulations to Mamie Vickers, December's winner. Enter for a chance to win a free lunch, compliments of CW Resources.

#### November's Brain Teaser

##### Winners

*Nancy Clayton, Joan Fazzino, Nancy Glenn, Sue Laribee, Mark Radziwon, \*Coe Tewksbury, Rosemarie Vecchitto*  
**\*Denotes Prize Winner**

**Congratulations to all of our winners. Please stop by the Senior Center to pick up December's Brain Teaser.**

**We are Closed January 1st for New Year's Day and January 19th for Martin Luther King Jr. Day**



### Health Services- Call for Appointments

**Blood Pressure Clinic-** Every Tues 12:45 (1/6, 1/13, 1/20, 1/27)

**Dental Clinic-** Coming Soon

**Foot Care Clinic-** 2nd & 4th Wednesday of the Month 9-3 (1/14, 1/28)

**Hearing Screening-** Third Wednesday of the month 12-1 (1/21)

**Low Vision Clinic-** Coming Soon

**Massage Therapy-** 1st & 4th Monday 9-2:30 (1/5, 1/26)



**BINGO!** Every Wednesday and Friday  
1:00pm-2:30pm \$0.50 per card  
**Civitan Bingo:** Jan. 27th 6:30pm

### Enrichment Programming

**Ceramics-** Mon & Wed 12:30

(1/5, 1/7, 1/12, 1/14, 1/21, 1/26, 1/28)

**Oil Painting-** Thurs 1:15 (1/8, 1/15, 1/22, 1/29)

### Recreational Activities

**Billiards-** Anytime

**Cable TV-** Anytime

**Card Games-** Thursdays 12:30pm

**Computers-** Anytime

**Knitting-** Thursdays 1:00pm

**Lending Library-** Anytime

**Mahjong-** Thursdays 9am-11am

**Movies-** Tuesdays at 12:30

**Ping Pong-** Anytime



**Dial-A-Ride** The fare is \$2.00 one-way. Appointments for transportation must be made at least one day in advance. Please call (860) 347-3313 for more information or to schedule your ride.



### Exercise / Movement- Call for Registration Info

**Arthritis Exercise-** Thurs at 12:30 (1/8, 1/15, 1/22, 1/29)  
**Dancing for Joy** (Parkinson's)- Mon at 1:30 (1/5, 1/12, 1/26)


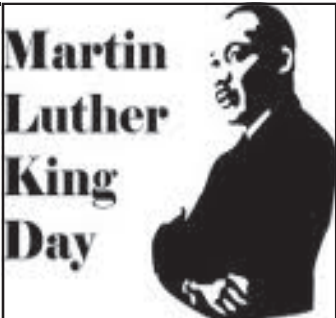
**Exercise-** Mon, Wed at 9am & Thurs at 10 (1/5, 1/7, 1/8, 1/12, 1/14, 1/15, 1/21, 1/22, 1/26, 1/28, 1/29)

**Line Dancing-** Mon 1:15-2:30 (1/5, 1/12, 1/26)

**Tai Chi-** Mon at 10:30 (1/5, 1/12, 1/26)

**Yoga-** Wed at 10-11 (1/7, 1/14, 1/21, 1/28)



MONDAY		TUESDAY		WEDNESDAY
				
<p><b>5</b></p> <p>9:00 Exercise            9:00-3:00 Massage Therapy by Appointment            10:30 Tai Chi            12:00 Lunch: Menu available at Senior Center            12:30 Ceramics            1:15 Line Dancing            1:30-2:45 Dancing for Joy</p>		<p><b>6</b></p> <p>9:00 Bus Trip: Mohegan Sun Casino            12:00 Lunch: Menu available at Senior Center            12:30 Wii Bowling            12:30 Movie: "The Way Back"            12:45-1:45 Blood Pressure Clinic</p>		<p>9:00-9:45 Exercise            10:00 Yoga            12:00 Lunch: Menu available at Senior Center            12:00 Hearing Screening            12:30 Ceramics            1:00 Bingo</p>
<p><b>12</b></p> <p>9:00 Exercise            10:00 February Bus Trip Sign-Ups            10:30 Tai Chi            12:00 Lunch: Menu available at Senior Center            12:30 Ceramics            1:00 Amazing Grace Food Pantry Bus Trip            1:15 Line Dancing            1:30-2:45 Dancing for Joy</p>		<p><b>13</b></p> <p>10:00 Bus Trip: Xmas Tree Shop            12:00 Lunch: Menu available at Senior Center            12:30 Wii Bowling            12:30 Movie: "Moneyball"            12:45-1:45 Blood Pressure Clinic</p>		<p>9:00-9:45 Exercise            9:00-2:30 Foot Care by Appointment            10:00 Yoga            12:00 Lunch: Menu available at Senior Center            12:00 Hearing Screening            12:30 Ceramics            1:00 Bingo</p>
<p><b>CLOSED- MARTIN LUTHER KING JR. DAY</b></p> 		<p><b>19</b></p> <p>9:00 Bus Trip: Foxwoods Casino            10:00 Arts &amp; Crafts Project            12:00 Lunch: Menu available at Senior Center            12:30 Wii Bowling            12:30 Movie: "Running From Crazy"            12:45-1:45 Blood Pressure Clinic</p>		<p><b>20</b></p> <p>9:00-9:45 Exercise            10:00 Yoga            12:00 Lunch: Menu available at Senior Center            12:30 Ceramics            1:00 Bingo</p>
<p><b>26</b></p> <p>9:00 Exercise            9:00-3:00 Massage Therapy by Appointment            10:30 Tai Chi            12:00 Lunch: Menu available at Senior Center            12:30 Ceramics            1:15 Line Dancing            1:30-2:45 Dancing for Joy</p>		<p><b>27</b></p> <p>9:30 Bus Trip: Mattatuck Museum            10:30-11:30 Book Club "The Last Lecture"            12:00 Lunch: Menu available at Senior Center            12:30 Wii Bowling            12:30 Movie: "The Mask"            12:45-1:45 Blood Pressure Clinic            6:30 Civitan Bingo</p>		<p>9:00-9:45 Exercise            10:00 Yoga            12:00 Lunch: Menu available at Senior Center            12:30 Ceramics            1:00 Bingo</p>

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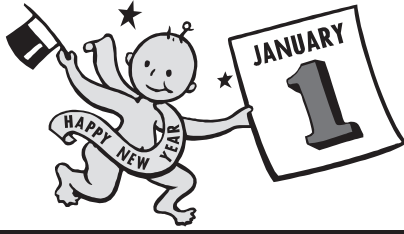
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WEDNESDAY		THURSDAY		FRIDAY	
		1	<b>CLOSED</b> 	2	12:00 Lunch: Menu available at Senior Center 1:00 Bingo
7	available at Senior Center ning	8	9:00-11:00 Mahjong 10:00 Bus reserved by Luther Ridge 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:15 Oil Painting	9	12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Celebrating January Birthdays
14	Appointment available at Senior Center ning	15	9:00-11:00 Mahjong 11:10 Bus Trip: Mark Twain House 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:15 Oil Painting	16	10:30 Coffee w/ Manager Ann Gregg 12:00 Lunch: Menu available at Senior Center 1:00 Bingo
21	available at Senior Center	22	9:00-11:00 Mahjong 10:00 Bus reserved by Shiloh Manor 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:15 Oil Painting	23	12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Roasted Chicken Dinner \$3.00 per person
28	available at Senior Center	29	9:00-11:00 Mahjong 10:00 Bus reserved by Newfield Tower 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:15 Oil Painting	30	12:00 Lunch: Menu available at Senior Center 1:00 Bingo


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EAST HAMPTON  
200 MIDDLETOWN AVE  
(860) 295.6440

# Bus Information for the Senior & Community Center

This was the latest busing information available at the time this newsletter was printed. Please check with the Senior & Community Center Staff, our Senior Services Division website <http://www.cityofmiddletown.com/seniors>, and our Facebook account for updates. **These times are estimates +/- 10 minutes**

## VAN # 1 - 16 Passenger (Accessible)

South Green	Sbona Towers	Old Middletown High	St. Luke's	Senior Center
8:30 AM	8:35 AM	8:45 AM	8:50 AM	9:00 AM
9:10 AM	9:15 AM	9:25 AM	9:30 AM	9:40 AM
9:50 AM	9:55 AM	10:05 AM	10:10 AM	10:20 AM
10:30 AM	10:35 AM	10:45 AM	10:50 AM	11:00 AM
11:10 AM	11:15 AM	11:25 AM	11:30 AM	11:40 AM
11:50 AM	11:55 AM	12:05 PM	12:10 PM	12:20 PM
No Bus - Driver Lunch Break				1:00 PM
1:10 PM	1:15 PM	1:25 PM	1:30 PM	1:40 PM
1:50 PM	1:55 PM	2:05 PM	2:10 PM	2:20 PM
2:30 PM	2:35 PM	2:45 PM	2:50 PM	3:00 PM
3:10 PM	3:15 PM	3:25 PM	3:30 PM	3:40 PM
3:50 PM	3:55 PM	4:05 PM	4:10 PM	

## VAN # 2 - 16 Passenger (Accessible)

Newfield Tower	Stoneycrest Tower	Pond View	Shiloh Manor	Senior Center
8:30 AM	8:35 AM	8:45 AM	8:50 AM	9:00 AM
9:15 AM	9:20 AM	9:30 AM	9:35 AM	9:45 AM
10:00 AM	10:05 AM	10:15 AM	10:20 AM	10:30 AM
10:45 AM	10:50 AM	11:00 AM	11:05 AM	11:15 AM
11:30 AM	11:35 AM	11:45 AM	11:50 AM	12:00 PM
No Bus - Driver Lunch Break				12:45 PM
1:00 PM	1:05 PM	1:15 PM	1:20 PM	1:30 PM
1:45 PM	1:50 PM	2:00 PM	2:05 PM	2:15 PM
2:30 PM	2:35 PM	2:45 PM	2:50 PM	3:00 PM
3:15 PM	3:20 PM	3:30 PM	3:35 PM	3:45 PM
4:00 PM	4:05 PM	4:15 PM	4:20 PM	

The Senior Services Division staff will maintain a list of everyone intending to utilize these vans. Please sign-up by calling or stopping by the front desk.

Monarca Place and Marino Manor seniors—please sign-up with us for the Middletown Area Transit fare card that will allow you to be dropped off at the Senior & Community Center for no charge.

Anyone else wishing to utilize Middletown Area Transit regular bus routes to get to the Senior Center, we can sign you up for a bus pass that allows you to be dropped off at the Senior & Community Center for no charge.

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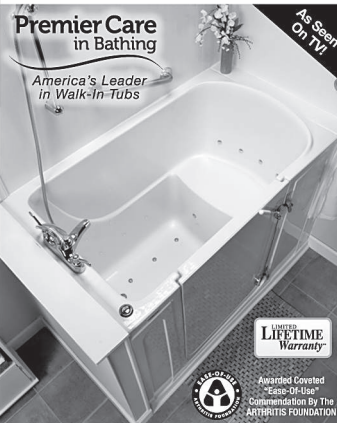
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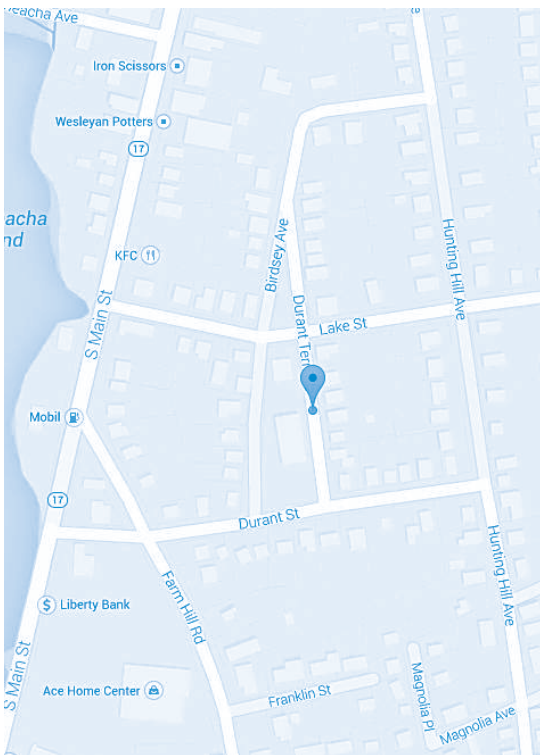
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Permit #38

Middletown

CT 06457

# We Have Moved!



**Please note the Senior Center at 150 William Street is now closed. The Senior Services Division has moved to 61 Durant Terrace, Middletown, CT 06457 in the new Senior & Community Center.**

The Middletown Senior Services Division is open Mon.–Fri., 8:30 am to 4:30 pm with one extended Tuesday (8:30 pm) per month (Sept. - June). Middletown seniors (60+) are welcome to attend exercise, bingo, ceramics, line dancing, oil painting, ping-pong, tai chi, yoga, movies, bus trips and more! Hot Meals are served daily at 12:00 pm. A monthly menu is published and the suggested donation is \$2.00. Reservations are requested 24 hours in advance by calling 860.638.4540 between 10:00 am -1:00 pm.

A free calendar of each month's activities is available from the Center at 61 Durant Terrace, or may be viewed online at:

[www.cityofmiddletown.com/seniors](http://www.cityofmiddletown.com/seniors).

Call the Center for more information: 860.638.4540.